Tuesday, August 6, 2013

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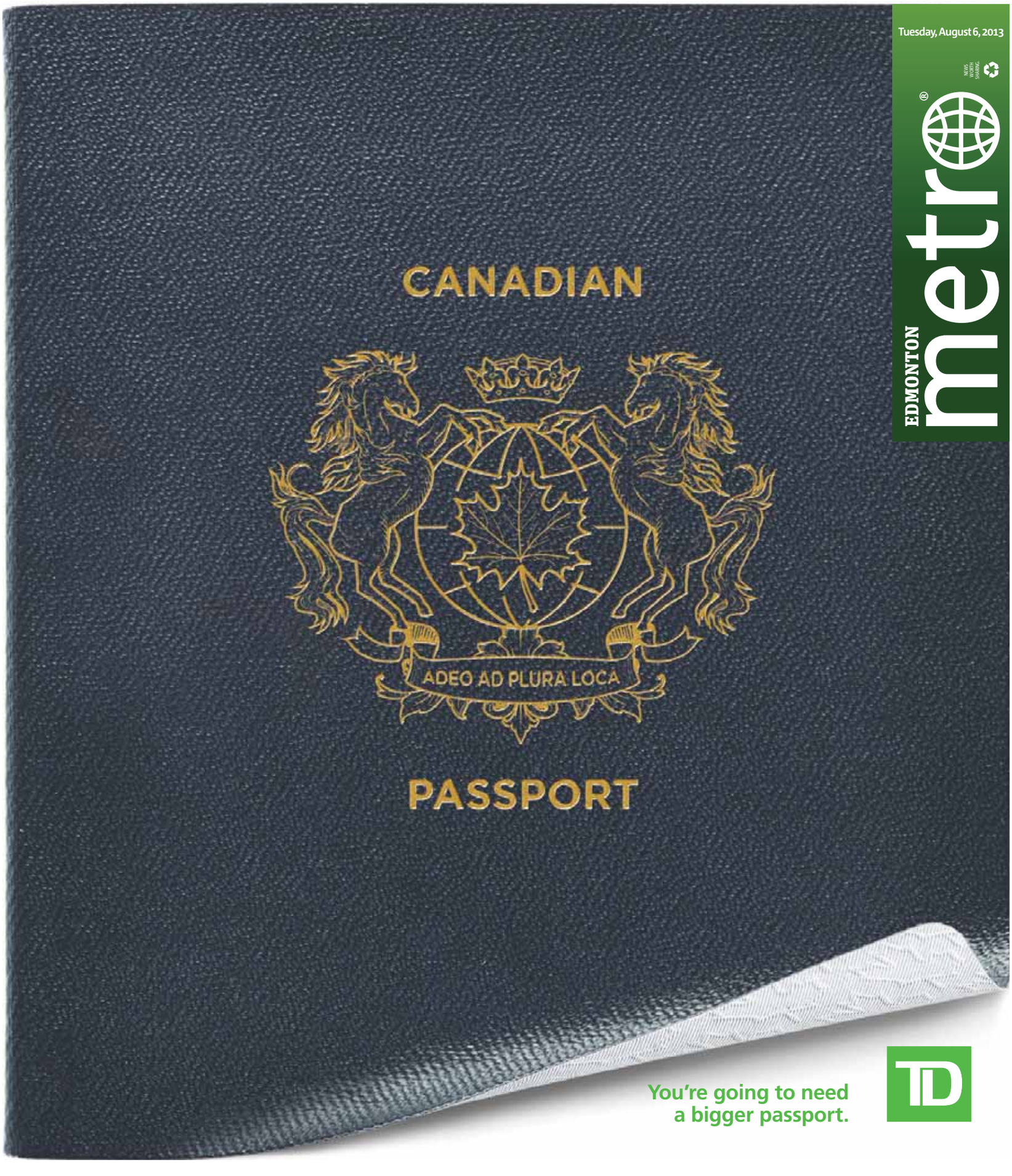

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NEWS WORTH SHARING.

The $330,000 hamburger

And it's not even tasty? Scientists have cooked up the world's first lab-grown patty PAGE 6

THERE'S A POWER OF GOOD IN SEA OF MONSTERS

YOU DON'T HAVE TO BE A DEMIGOD TO BE STRONG, SAYS PERCY JACKSON STAR ALEXANDRA DADDARIO PAGE 14

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Debuts made, records broken at Heritage Fest

Hawrelak Park. 134,000 showed on Sunday; meanwhile, Brazilian, Colombian communities were represented for the first time ever

Edmontonians satisfied their appetites for the city's different cultures this past weekend, breaking attendance records at the Servus Heritage Festival.

While results for the full festival were not in as of press time, on Saturday 108,000 people came through the gates and on Sunday 134,000 attendees showed — both records for the festival.

The annual festival, which took place at Hawrelak Park, saw representation from both Colombian and Brazilian communities for the first time ever.

Their debut did not disappoint, said festival-goer Sandy Rodriguez. "It was great. I was pleasantly surprised to see their tent this year. The food was really good. Their empanadas were awesome."

The Brazilian and Colombian cultures shared a tent, serving food from both the neighbouring South American countries on a single menu.

"So many people have come over," said Anderson Allder, a volunteer at the Brazilian/Colombian booth. "They want to see what the food is and what the drinks are because they've never seen the pavilion before."

The pavilion was part of 60 tents representing more than 85 cultures that took over the park grounds for the long weekend, transforming it into a melting pot of diverse cultures and cuisines.

"I feel fantastic to be a part of it. It's not over, but so far it's been fairly successful and it will become better and better as we do it more and more," said Allder.

The festival also hosted numerous music and dance performances, intended to showcase the different approaches of countries all over the world. "Besides the food, the dances were my favourite," said Rodriguez. "It is always nice to see the dance of other peoples. Dance brings us together."

Allder said the festival has been a great experience for their pavilion, and their organizers are already planning for next year's edition.

"Next year we'll definitely need to have a crafts booth. A lot of people wanted to see crafts and T-shirts and jewelry," Allder said. "It'll be great."

PATRICK NGUYEN/FOR METRO

A young Polish dancer smiles at the crowd gathered to watch her performance. The dance took place near the Polish Pavilion in Hawrelak Park for the weekend's Heritage Festival. PATRICK NGUYEN/FOR METRO

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CarProof VEHICLE HISTORY REPORTS

Russia backlash. Local gay bars join boycott

Edmonton's gay bars are joining the global boycott of Russian products over the country's anti-gay laws.

Jeannie Bjorns, owner of the Up Stares ultra lounge, said her bar decided to pull Russian products from the shelves to show their disgust with Russia's new laws.

"We are absolutely not supporting anything that government is passing," she said.

The laws passed in Russia makes "propaganda of non-traditional sexual relations" illegal, effectively outlawing gay-pride parades and even rainbow flags. The country has also outlawed gay couples from adopting children.

Bjorns said with attitudes like that she doesn't want to in any way support the country.

One of Bjorn's bartenders, Laryssa Izio, said she has always wanted to visit Russia, but now feels it would be unsafe.

"I wanted to experience Russia," she said. "It is really unfortunate that I now can't go."

She concedes the boycott is a symbolic gesture, but says it sends a strong message and she would love to see it expand to non-gay bars.

One major Vodka maker Stolichnaya is expressing concern that it has wrongly been caught up in the boycott.

The vodka is produced in Latvia, not Russia. The Stoli.com website also proclaims it stands "strong and proud" with the global gay community "against the attitude and actions of the Russian government." **RYAN TUMILTY/METRO, WITH FILES FROM THE CANADIAN PRESS**

Is it a bird? Is it a plane? No, it's one of three base jumpers who took a dive off the Pearl condo tower on Sunday night. Edmonton Police are hoping someone from the public can help identify them. COURTESY MURRAY BILLETT

Daredevils dive off of condo, into crosshairs

'Huge potential for calamity'. Cops looking for trio of base jumpers after they were spotted soaring through sky Sunday

RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton police are looking for help identifying three base jumpers who took a quick dive off a condo tower Sunday night.

Police got the call about 9:15 p.m. Sunday, reporting three jumpers flying off the Pearl, a residential condominium tower under construction on Jasper Avenue, near 120th Street.

Murray Billett was walking nearby when the jumpers made their leap.

"All of a sudden people started gasping and looking up," said Billett, who had a camera with him to capture the moment.

He said the people jumping seemed organized and appeared to know what they were doing.

"They had to drive those chutes real hard to get around the building and put themselves into the street," he said.

Billet said once they got to the ground they swiftly collected their chutes and drove away.

Edmonton Police Insp. Brian Nolan said he understands why the incident might have been an interesting sight, but there was a lot of danger for the people in the sky and on the ground.

"It becomes a daredevil event, with free admission for the people standing around, but along with that comes the huge potential for calamity," he said.

Nolan said the people were clearly organized and well trained, but that doesn't mean there wasn't a real chance of something going wrong.

"You are now putting others' lives at risk," he said. "That is the concern here. A gust of wind could have blown them into traffic."

The police are asking anyone with any information about the jumpers to call the EPS complaint line at 780-423-4567 or Crime Stoppers at 1-800-222-8477.

Putting Super Dave to shame

- The Pearl is a 35-storey tower, which is expected to be fully completed in 2014.
- In July 2011, the Edmonton Police investigated another base-jumping incident. Three people took a jump off of the EPCOR tower, which at the time was just nearing completion.

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Ghost tour shows the spooky side of University of Alberta

Things (other than roommates) that go bump in the night.
Early start to Halloween

A new ghost walk has been touring the hallowed grounds of the University of Alberta this summer, giving participants nightmares about something other than final exams.

"You hear the stories about the ghosts, the murders, the mysteries that have happened and it just always makes you wonder, 'Is there really something out there?'" said Nadine Bailey, founder of Edmonton Ghost Tours.

The guided tour, which began in its current form just a few months ago, mixes a healthy amount of lesser-known historical facts with ghostly rumours of intrigue and scandal.

"I thought it was pretty cool. It was more history than ghost sightseeing, but I liked that," said Mary Nelson.

Nelson said it was her first-ever ghost tour.

"It was like hearing ghost stories over a span of 100 years," she said.

The tour begins just before sunset at Rutherford House and stops at all the major historical buildings on campus.

"If you saw an old place and thought it might be haunted, we stopped there," Nelson said.

Bailey has been doing a tour in Old Strathcona for the past nine years, but after hearing the ghost stories she tells on her tour from people that have worked or otherwise spent considerable time on campus, she said she couldn't resist starting one at the university.

"My hope is that next time you see the buildings, it helps you see the history behind it."

For details, visit edmontonghosttours.com.

PATRICK NGUYEN/FOR METRO

Nadine Bailey talks about the ghost of Dr. Karl Clark, which is said to be haunting his old laboratory, as part of her University of Alberta History and Ghost Walk. The walking tour takes about 80 minutes. PATRICK NGUYEN/FOR METRO

International students not seeing tuition freeze

U of A is allowing an inflationary tuition increase to go ahead for international students, while local students are protected by a freeze. METRO FILE

The tuition freeze that came with cuts to post-secondary education in the spring budget does not apply to international students who already fork over more than four times what Alberta students pay.

Rissa Cao came to study at the University of Alberta in 2011, beginning in science and then adding a business degree. She said when the market modifiers for her courses are applied, she ends up paying more than $30,000 a year in tuition.

Cao said that is much more than she and her parents estimated when she first came to the school.

"They can barely afford the tuition fee and we still haven't paid for the living expenses," she said.

International students are allowed to work only a limited number of hours each week and are not eligible for student loans or many scholarships.

Cao said the increase, which most Alberta students are not going to pay, adds only about $600 to her yearly bill, but it all adds up.

University of Alberta student-union president Petros Kusmu said it's unfair that international students are seeing an increase while other students received a freeze. "A lot of international students are left out in the cold and they are feeling like cash cows for the institutions," he said.

Kusmu said schools in Alberta do a lot to attract international students, but they should do more to retain them.

"We spend so many resources going outside of our province trying to recruit international students, wanting them to stay in Alberta, but at the same time we are charging tuition fees that are three, four times the amount the average Albertan pays."

RYAN TUMILTY/METRO

Tuition freeze

The freeze halted a scheduled increase to account for inflation for one year, which the province covered with a $16.5M, one-time payment.

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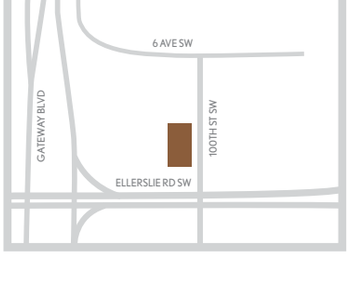
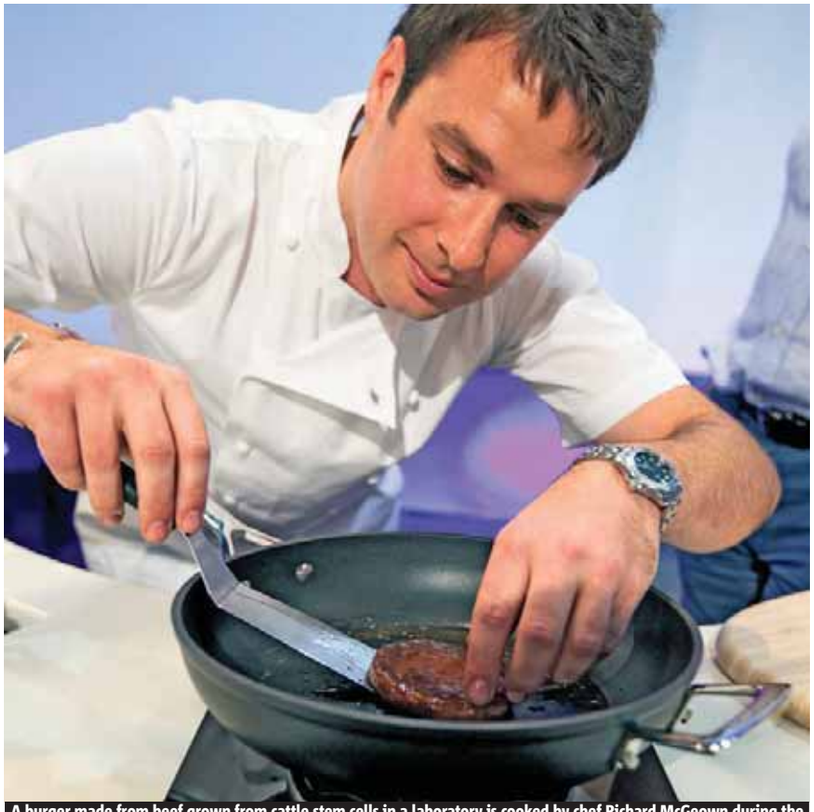




A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product held in London, England, on Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.
Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London, U.K., said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder of Google, appeared on a video shown at the event and announced that he funded the $330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

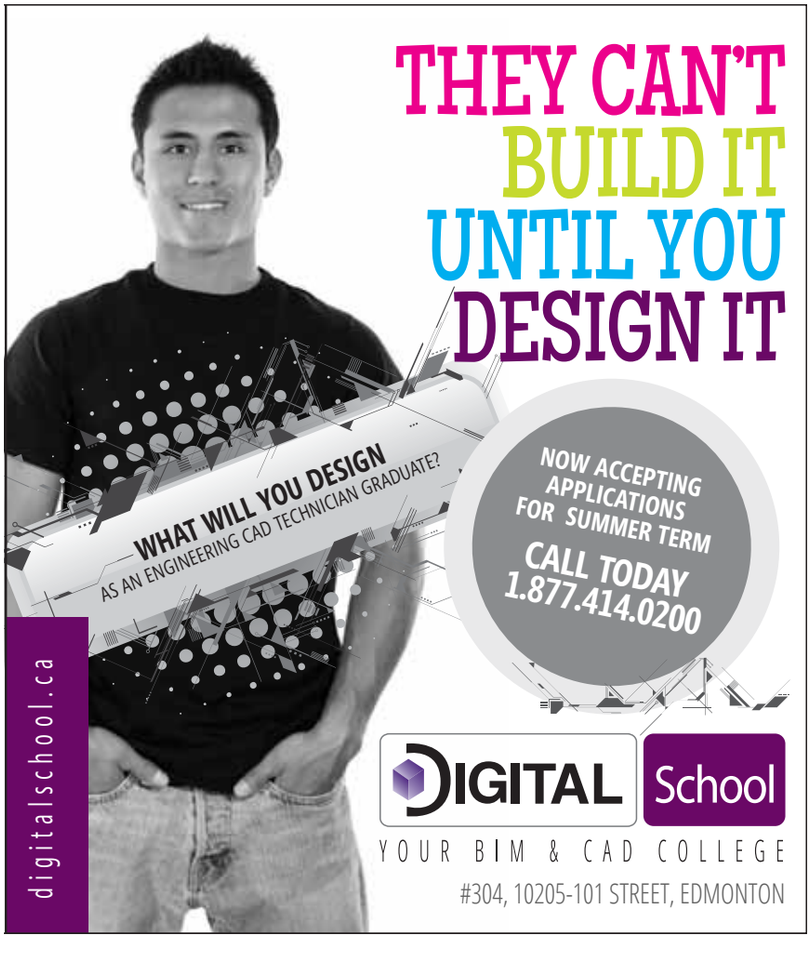
"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

THE ASSOCIATED PRESS

What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

- Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.



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One-ton swim

'Sink like a brick' no longer applies

Long-distance swimmer Jim Dreyer jumped into Lake St. Clair on Monday to begin a 35-kilometre trek — while hauling a ton of bricks.

Thirty hours later, Dreyer plans to come ashore on Tuesday afternoon in Detroit and finally beach his two dinghies filled with 334 bricks. THE ASSOCIATED PRESS

Attacked by bear

Dog dies trying to save its master

A man has been released from hospital after being attacked twice by a black bear while walking his two dogs in Sandbar Provincial Park on Saturday. Police say the Dryden, Ont., man was able to escape into a lake.

When the man tried to walk back to camp, the bear attacked again, at which point one of his schnauzers tried to fend off the bear. The dog later died of its injuries. THE CANADIAN PRESS WITH FILES FROM THE CBC

Precious, fragile, all too few

The World Wide Fund for Nature (WWF) has put 1,600 panda figures made from papier-mâché in front of the main train station in Berlin for two days to symbolize how few of the animals are still alive in the wild. GERO BRELOER/THE ASSOCIATED PRESS

One year later, Curiosity sets sights on lofty goal

Mars mission. Rover celebrates anniversary of its landing with a lonely birthday song

Mars Science Laboratory team member Miguel San Martin, left, celebrates with Adam Steltzner after the 2012 landing. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Mount Sharp has beckoned Curiosity since the NASA rover arrived on Mars exactly a year ago.

If microbes ever existed on Mars, the mountain represents the best hope for preserving the chemical ingredients that are fundamental to all living things.

Curiosity recently pointed its wheels south, rolling toward the base of Mount Sharp in a journey that will last many months. It will drive across the rock-strewn landscape, dodging bumps and taking in the scenery.

"We do a lot of off-roading on a lot of little dirt roads," said mission manager Jennifer Trosper.

Scientists have been eager for a peek of Mount Sharp since Curiosity touched down in an ancient crater on the night of Aug. 5, 2012.

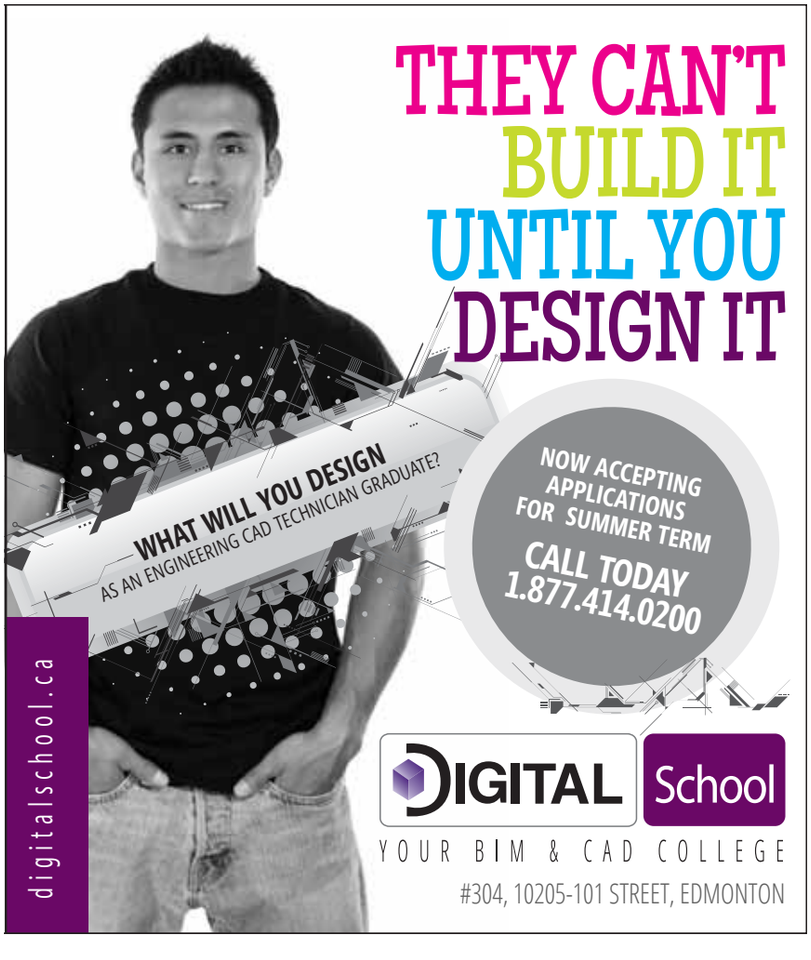
The world wondered whether Curiosity would nail its landing, which involved an acrobatic plunge through the thin atmosphere that ended with it being gently lowered to the ground with cables.

Once the euphoria of landing wore off, the nuclear-powered rover went to work, spending two months testing its instruments and systems.

To celebrate the landing anniversary, engineers commanded one of Curiosity's instruments to play Happy Birthday as the rover took a break from driving.

Scientists initially hoped to head to Mount Sharp late last year, but decided to take a detour to an intriguing spot near the landing site.

THE ASSOCIATED PRESS



It takes a lot to get world-class cellphone service in a country this big. I doubt Americans will bother with cities like mine.

I believe communities like the Monctons of Canada should get the same technology as the big cities do. That way, my neighbours can be as productive and as plugged in as people in any other part of the country. It makes me proud. It's a very Canadian thing. But I hear the government is inviting a giant U.S. cellphone company to Canada. What will this mean for smaller towns in Canada? I'm afraid it's bad. Will this giant U.S. company virtually ignore small communities like mine and focus on big cities? That's where all the money is, right? You know, when smaller towns and cities are left behind, it doesn't just hurt me and my neighbours—it hurts the whole country.

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Defence. Withdrawal from NATO surveillance programs will hurt Canadian firms

The Harper government's decision to cancel Canadian participation in two NATO surveillance programs will cost contracts in the country's aerospace industry, newly released documents show.

National Defence was hoping to save as much as $90 million a year by withdrawing from the jointly owned and operated Airborne Warning and Control System (AWACS) and the Alliance Ground Surveillance, a fairly new program meant to use drones to monitor the battlefield.

Yet documents show that taking part has meant a bonanza of tens of millions of dollars worth of work annually for at least half a dozen high-tech Canadian companies.

Liberal defence critic John McKay is flummoxed, especially since the Conservatives tried to sell their multibillion-dollar plan to buy F-35s on the basis the stealth fighter meant jobs for the aerospace sector.

THE CANADIAN PRESS

Botulism scare

China, Russia halt import of some N.Z. dairy products

A botulism scare has prompted China and Russia to stop importing some New Zealand dairy products, New Zealand officials said Monday, denting the country's reputation as a supplier of safe, high-quality food.

New Zealand dairy giant Fonterra announced Saturday that hundreds of tons of infant formula, sports drinks and other products sold in seven countries could be tainted after tests found bacteria in whey protein concentrate. THE ASSOCIATED PRESS

School district required by law to (heart) boobies

U.S. appeal. 9-5 decision rules bracelets designed to promote breast-cancer awareness are not 'lewd' — and therefore cannot be banned in Pa. schools

Easton Area School District students Brianna Hawk, 15, and Kayla Martinez, 14, display their bracelets for photographers outside the U.S. Courthouse in Philadelphia. THE ASSOCIATED PRESS FILE

A federal appeals court ruled Monday that a Pennsylvania school district cannot ban "I (heart) Boobies!" bracelets, rejecting the district's claim that the slogan — designed to promote breast-cancer awareness among young people — is lewd.

The 3rd U.S. Circuit Court of Appeals also concluded that school officials didn't prove the bracelets were disruptive.

"Because the bracelets here are not plainly lewd and because they comment on a social issue, they may not be categorically banned," Judge D. Brooks Smith wrote in the 9-5 decision.

The ruling is a victory for two Easton Area School District girls who challenged the school rule in 2010 with help from the American Civil Liberties Union. Easton is one of several school districts around the U.S. to ban the bracelets, which are distributed by the non-profit Keep A Breast Foundation of Carlsbad, Calif.

The teens, Brianna Hawk and Kayla Martinez, testified that they merely hoped to promote awareness of the disease at their middle school. They filed suit when they were suspended for defying the ban on their school's Breast Cancer Awareness Day.

THE ASSOCIATED PRESS

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metro

LGBTQ attacks in Russia nothing new

A man carries a photograph of Russian President Vladimir Putin while marching in the Vancouver Pride Parade Sunday. DARRYL DYCK/THE CANADIAN PRESS

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

A Canadian documentarian says the violence and fear recently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary Beyond Gay: The Politics of Pride, followed the then-president of the Vancouver Pride Society to various international Pride events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored. ... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room for fear of retribution."

On June 29 of this year, participants of St. Petersburg's fourth Pride parade were met with hostility and violence, including homophobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay rights activists.

JARED STORY/FOR METRO IN WINNIPEG

New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Julie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake." She said the snake was later captured and is in the possession of police.

Rogers-Marsh said autopsies were to be performed on the two victims on Tuesday. She couldn't confirm whether the two boys were related.

She said the owner of the reptile store lived in the apartment above.

Calls to the pet store were not returned on Monday but deputy mayor Ian Comeau said Reptile Ocean was licensed to operate and "everything was according to our bylaws, to the provincial guidelines."

The deaths of the boys have been "a shock ... it is unbelievable," Comeau said Monday evening. "Some still don't believe it," said Comeau, who toured the shop with the fire department about two years ago. Firefighters had to "know where these animals were — alligators, crocodiles and snakes," he said. "They were there," he said, adding "I'm not a fan of snakes."

THE CANADIAN PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for $100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play and have fun, but had asthma and was "really getting on my nerves."

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payloader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

Lemieux confirmed that the workplace accident is being investigated.

THE CANADIAN PRESS

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Hey baby — who are you wearing?

Royal sales boost. New York-based swaddle maker is swamped after Prince George is pictured wearing its birdie product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, style bloggers and fashion writers identified the would-be king's new clothes as being from New York-based aden + anais. Within four hours of George's appearance, the firm's website crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinctive little birds. THE ASSOCIATED PRESS FILE

The company never even issued a press release. Anyone who wanted to know the manufacturer simply had to type "royal swaddle" into Google, and up it came.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photoshopped," she said.

The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about $71). So just be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the United States.

Little George first appeared in a white crocheted blanket from G.H. Hurt & Son of Nottingham, England. They too are swamped with orders after photographers zeroed in on the firm's label, blew it up and posted it online. THE ASSOCIATED PRESS

Beauty products. Revlon buys Colomer for $660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about $660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about $315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently licenses from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon ColorSilk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending. THE ASSOCIATED PRESS

Revlon announced Monday it is buying Colomer Group, which sells hair dye and other products to beauty salons. The deal was made with the aim to help the company reach new salon customers and cut costs. THE ASSOCIATED PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included. THE ASSOCIATED PRESS

Publishing

Amazon founder buys Washington Post for $250M

Amazon.com founder Jeff Bezos is buying The Washington Post and other newspapers for $250 million US. The longtime publisher, The Washington Post Co., announced the deal Monday. Bezos is buying the paper as an individual. Amazon.com Inc. is not involved. THE ASSOCIATED PRESS

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Without a spring iPad launch, tablet shipments turn sluggish

Worldwide shipments of tablet computers slowed down in the second quarter because Apple didn't release a new model of its trend-setting iPad, research firm IDC said Monday.

Shipments totalled 45.1 million units in the April-June period, down nearly 10 per cent from the first three months of the year. Still the second-quarter total is up nearly 60 per cent from a year ago, a sign that the market continues to grow.

"A new iPad launch always piques consumer interest in the tablet category and traditionally that has helped both Apple and its competitors," said Tom Mainelli, a research director at IDC. "With no new iPads, the market slowed for many vendors."

Apple usually releases a new iPad in the spring, but it has moved to fall launches to take advantage of the holiday shopping season. THE ASSOCIATED PRESS

Apple's iPad GETTY IMAGES FILE

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MOVING BACK HOME IS NOT SO YUCKIE

SHE SAYS

Jessica Napier
metronews.ca

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nose-dive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling 36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement savings in the process.

At certain life junctures — graduations, breakups, babies — many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards, rather than forward, it doesn't have to be that way.

When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family, and myself, and I developed a new appreciation for my parents as interesting adults, not just mom and dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be a valuable — not to mention budget-friendly — experience. Just don't get *too* comfortable.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Here's something you do see every day

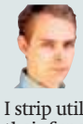
NICK ALBERTSON

Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Q&A

Old meanings stripped



NICK ALBERTSON
Artist and photographer, 29, based in Chicago

What is the idea behind your photographs?

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year it was waving bears; this year it's dancing bears. With members of the Ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day 1, but other bear parties have stepped onto the stage via YouTube.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to when we pesky humans aren't around — and it's party. They really like to party.

Bearjacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello:

In case you missed it the first time around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

Twitter

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do.

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed

@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

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SCENE 2

DVD reviews

The Place Beyond the Pines

Director. Derek Cianfrance

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for The Place Beyond the Pines — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (Blue Valentine), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, The Place Beyond the Pines flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL

Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson. Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW
scene@metronews.ca

When the bulky-dubbed adventure flick Percy Jackson and the Olympians: The Lightening Thief hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would see a sequel.

"Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than $225 million worldwide. That would surely be enough to convince all involved to return with the sequel Percy Jackson: Sea of Monsters — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of Percy Jackson: Sea of Monsters

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Simon Cowell ALL PHOTOS GETTY IMAGES

Cowell's crew of former flames gave him the relationship red light

Apparently Simon Cowell got plenty of warning from his "harem" of ex-girlfriends to watch out for Lauren Silverman, the married woman now said to be pregnant with his child, as they "were concerned about her motives and intentions," according to Radar Online. "Simon was warned — on multiple occasions — that he needed to be careful," says a source, explaining that Cowell has remained quite close to many of his exes. "Everyone was aware that they were hooking up and that Lauren was married. Naturally, Simon's friends were very concerned about the situation and made that known to him."

Lohan unleashes some mean girl on KStew while sitting in for Lately

Lindsay Lohan may be walking the straight and narrow following her stint in rehab, but that doesn't mean she's going to be nice now. The troubled actress made her first appearance as a guest host for Chelsea Lately and decided to kick things off by mocking Twilight star Kristen Stewart. "I'm just excited that Kristen Stewart, you know, finally showed some emotion," Lohan offered while discussing a photo in which Stewart is seen yelling at a photographer. "Of course she hates photographers. They got a picture of her kissing a married man in a Mini Cooper."

Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Of cheesy Chads, messed-with Mileys and much-too-famous felines

STARGAZING
Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices. **There is now a line of Grumpy Cat coffee called Grumppuccino.** That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

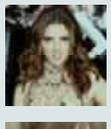
Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the $695 peasant dress for sale on her website.

Taylor Swift

It don't mean a thing if it ain't worth some sing

Fair warning to potential Taylor Swift suitors: The singer-songwriter is looking to continue combining business and pleasure, according to Rolling Stone magazine. "I am getting to a point where the only love worth being in is the love worth singing about," Swift says. "When you experience something that's worth writing a song about, chances are it's the same kind of intense feeling that someone else has felt and it has led them to be sitting on a bedroom floor crying or walking through a crowded room feeling alone or feeling misunderstood by the person who's supposed to know them better than anybody else."

Twitter



@AnnaKendrick47
Now, my problem w being awake at 3:30am is less that it's 6 hours before work and more that it's 4 hours before they serve any food #jetlag

@JimCarrey
Here's what they left out of The Secret. You can manifest anything in the world but first you have to convince yourself you deserve it.

@Oprah
Have u meditated yet ?if so tweet tweet me!

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Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS

Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.

Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation, without losing the lift of the shoulder blades and with both feet touching the floor at the same time.

Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.

Dolphin

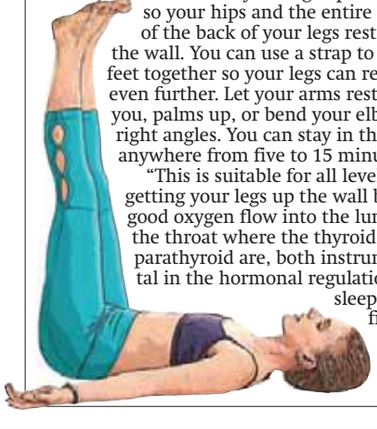
Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.

Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted. Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.

Legs up the wall



Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs, into the throat where the thyroid and the parathyroid are, both instrumental in the hormonal regulation of sleep," Sanfilippo said.

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Lentil Feta Salad: To add shrimp or not? It's up to you

Lentil Feta Salad with Lemon Dressing and Grilled Shrimp

This salad serves six. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.

3. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Health Solutions

Catfish got your tongue?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You simply must eat more fish. The evidence is mounting that the omega 3's from fish is preventative of everything from heart disease to breast cancer.

But if we all listened to this sage advice we'd risk overfishing, which is becoming a big problem as oceans and lakes are unable to keep up with the burden of commercial fishing operations.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife Fund or others.

Some of the sustainable practices that are showing promise:

1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bottom.

2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.

3. No antibiotics, dyes or hormones were used.

4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

One of the few farmed fishes that meets this criteria is U.S. Farm-Raised Catfish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Reach into the sea for salad

1. In a blender, combine the carrot, ginger, white parts of the scallions, rice vinegar, soy sauce, chili-garlic sauce, sesame oil, 1/4 cup of the vegetable oil and the water. Purée until very smooth. Set aside.

2. In nonstick skillet over medium-high, heat the remaining tablespoon of oil. Sprinkle the scallops on both sides with salt and pepper, dip them lightly in the flour, coating them on both sides and shaking off the excess, then add them to the pan. Reduce heat to medium and cook the scallops until they are just cooked through, about 3 minutes per side.

3. Divide arugula, cucumbers and mango among 4 salad bowls. Top salads with scallops, scallion greens and peanuts, then drizzle 3 tablespoons of the dressing over each salad. Serve. THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1 cup chopped carrot
- 1 tbsp grated fresh ginger
- 4 scallions, sliced, white and green parts kept separate
- 3 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 to 4 tsp chili-garlic sauce
- 2 tsp toasted sesame oil
- 1/4 cup, plus 1 tbsp vegetable oil, divided
- 1/4 cup water
- 1 lb sea scallops, tough muscle discarded and scallops patted dry
- Kosher salt and black pepper
- 1/2 cup all-purpose flour
- 6 cups arugula
- 2 cups chopped cucumber
- 1 mango, peeled, pitted and chopped
- 1/2 cup toasted peanuts

This Scallop Salad with Carrot-Ginger Dressing serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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For some, posting wedding pics is an iDon't

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN
Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event planner Sarah Pease. "Now it's an everyday thing."

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

Take a picture — it'll last longer! ISTOCK IMAGES

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook seconds after we said 'I do.'"

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says.

Pease says she's seen well-meaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad.

To alert guests, some post a sign at the door, and others will put a note in the program, Pease says. Others will ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

The flip side

Some couples love social media at weddings, even creating a hashtag for all guests to use and placing it somewhere guests can see. Planner Maya Kalman says hosts want people to post photos in a certain way so that everyone can see them right away.

"People have specifically made signs and ask guests to post all of their pictures to a certain Instagram," she says.

In Boston, Paula Marrero at Marrero Events said one couple even created an app especially to share wedding pics.

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Best financial strategy? Go simple

YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out.

Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid $5,000 during the housing\ renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

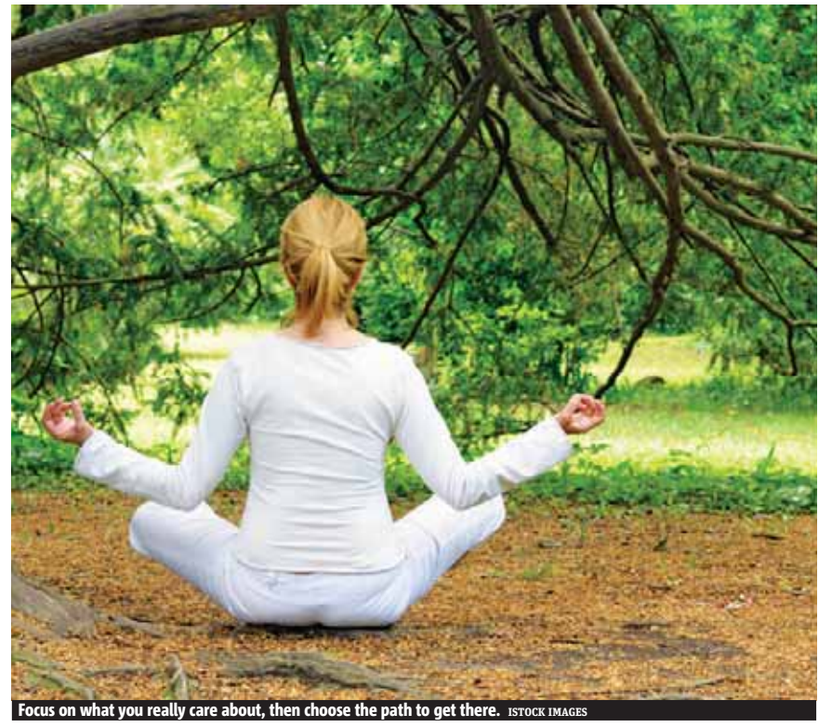
And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple.

First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Focus on what you really care about, then choose the path to get there. ISTOCK IMAGES

Why women should have their own will

Women tend to live longer than men, so it's a good idea to have your own will. ISTOCK IMAGES

Making a will is a sensible and worthwhile task that everybody, whatever their age or financial status, should do. However there are some special reasons why women should make a will of their own.

- Women usually live longer than their husbands, so it's a good idea for each of you to have your own will.
- Planning for children or other dependants is something that women usually want to pay special attention to.
- Taxes and legal concerns (especially if there was a previous marriage or other dependants) should be looked at.
- Many women will want to make special arrangements for the distribution of family heirlooms, jewelry, items of historical or sentimental value, and their own property.
- Continuing the support for charities and organizations that many women supported during their lifetimes may be a consideration.

With a properly prepared will, you can ensure that:

- Property will be distributed exactly as you would have wished.
- You can name your own executor to administer your estate.
- Guardians of children will be named in the way you want.
- Personal items such as jewelry and antiques will be handled the way you intend;
- Individuals, your church, health charities and organizations like Amnesty International will receive the support you had always intended for them.

How do I start?

If you do not have a will, now is the time to prepare one. While a will does not need to be a complicated document, it is always advisable to contact a lawyer or trust company to help you. The peace of mind which comes from ensuring there are no small mistakes or omissions which could cause difficulties for your heirs is well worth the costs of such services.

Can I change my will?

Yes, you can always change your will, either completely or by means of a codicil, which is a document that adds to or alters your existing will. You should seek legal advice to do this as requirements vary from province to province.

Should I leave money to a good cause?

Always take care of your loved ones first, but then consider if there are organizations and causes you'd also like to support with your estate. The tradition of leaving money to charities that benefit society and your community is many centuries old.

NEWS CANADA

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SPORTS 4

A-Rod, MLB in PED standoff

Yankees third baseman Alex Rodriguez with umpire Jerry Layne during a game against the White Sox on Monday night at U.S. Cellular Field in Chicago. JONATHAN DANIEL/GETTY IMAGES

Dope boys.
Yankee star slapped with lengthiest of several MLB all-star suspensions in wake of Biogenesis scandal

Alex Rodriguez stepped up to the plate greeted by a standing boo-vation and blooped a single in his first at-bat of the season.

Hours after Major League Baseball suspended the New York Yankees star through the 2014 season in the Biogenesis drug case, Chicago White Sox fans got their say on Monday night.

And boy, did they let him hear it.

They jeered him during pre-game warmups and introductions, and they really tore into him when he walked to the batter's box leading off the second inning.

On the third pitch, Rodriguez dunked a hit into shallow left field. He made it to third base with no outs, but was stranded.

Rodriguez did not deny using performance-enhancing drugs in a news conference at U.S. Cellular Field after the punishment came down, and he said he will talk about whether he used PEDs at another time when he is more free to speak.

He did dig in for a battle, saying no one else will defend him unless he stands up for himself. Then he took to the field, starting at third base and batting fourth against the White Sox.

"There's nothing about it that's been easy," Rodriguez said. "All of it has been challenging. I'm sure there's been mistakes made along the way. We're here now. I'm a human being. I've had two hip surgeries. I've had two knee surgeries. I'm fighting for my life. I have to defend myself."

The three-time MVP was one of 13 players disciplined on Monday, one of the biggest mass suspensions in the history of the game.

All-stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned for 50 games each. Rodriguez, however, got 211 games, due to start on Thursday.

He will appeal his suspension, and that means he will likely be able to play for the rest of this season while his case winds through arbitration.

Prior to his first game since last Oct. 18, Rodriguez signed autographs and drew a crowd — of both fans and photographers. THE ASSOCIATED PRESS

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when Commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- As for modern-day all-stars, outfielder Nelson Cruz leads Texas in homers and RBIs, while Jhonny Peralta is a top-hitting shortstop in Detroit.
- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free agent pitchers Fautino De Los Santos and Jordan Norberto.

Guarding his legacy

"I am disappointed with the penalty and intend to appeal and fight this through the process. I am eager to get back on the field and be with my teammates in Chicago tonight."

Alex Rodriguez in a statement on the drug allegations and returning to his team.

B.C.'s Lulay rips 3 TDs past porous Bombers

Travis Lulay passed for three touchdowns as the B.C. Lions beat the Winnipeg Blue Bombers 27-20 on Monday.

The Lions improved to 4-2 while the Bombers (1-5) suffered their fourth consecutive loss.

Lulay got his team back in the end zone after it was held without a TD for the first time since 2005, a span of 131 games, in a loss to Toronto last week. He had subsequently seen the end of a 36-game touchdown-passing streak come to an end.

Lulay's third touchdown pass of the game, to Courtney Taylor with just over six minutes left in the game, clinched the win for B.C. as it staked the Lions to a 26-17 lead.

The scoring drive was aided by Winnipeg coach Tim Burke's questionable decision to have punter Mike Renaud concede a safety with 10:36 left in the game, putting the Lions up 19-17 with good field position after an ensuing kick-off.

Shawn Gore and Korey Taylor also scored touchdowns for the Lions. Paul McCallum scored B.C.'s other points on a field goal and single off a miss. Lulay completed 28 of 39 passes for 268 yards.

Chad Simpson and QB Justin Goltz ran for Winnipeg TDs. Justin Palardy had a field goal and a single off a miss, while Renaud's two singles accounted for the Bombers' other points. THE CANADIAN PRESS

Lions slotback Courtney Taylor celebrates his TD on Monday in Vancouver. THE CANADIAN PRESS

NHL

Coyotes staying in desert for now

After years of wandering in the desert, the Phoenix Coyotes' ownership saga appears to be over.

An arena lease out clause could bring into question where they're playing in five years, but on Monday the NHL finalized the sale of the Coyotes to the IceArizona group led by Renaissance Sports & Entertainment's George Gosbee and Anthony LeBlanc.

Gary Bettman says he believes in an Arizona team. GETTY IMAGES FILE

Approval of the $170-million US sale came from the board of governors, which ended the NHL's ownership of the team.

LeBlanc, Gosbee and nine other owners — the vast majority of whom are Canadian businessmen with connections to Arizona — are jumping in to a long process that includes adding staff on the business side and trying to sell tickets to grow the Coyotes' reach. THE CANADIAN PRESS

CFL

Als' Richardson finished for 2013

The Montreal Alouettes have lost two-time all-star Jamel Richardson to knee injury for the remainder of the season. Richardson suffered a torn lateral collateral ligament and anterior cruciate ligament in his left knee during Sunday's practice. THE CANADIAN PRESS

NFL

"My job is to do the best thing for him, and that's what I'll do."

Washington head coach Mike Shanahan on keeping star quarterback Robert Griffin III from doing too much at training camp in his return from a surgically repaired knee.

Horoscopes

♈ Aries
March 21 - April 20
Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

♉ Taurus
April 21 - May 21
You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

♊ Gemini
May 22 - June 21
Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

♋ Cancer
June 22 - July 23
You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

♌ Leo
July 24 - Aug. 23
Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

♍ Virgo
Aug. 24 - Sept. 23
Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

♎ Libra
Sept. 24 - Oct. 23
If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

♏ Scorpio
Oct. 24 - Nov. 22
You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

♒ Aquarius
Jan. 21 - Feb. 19
There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

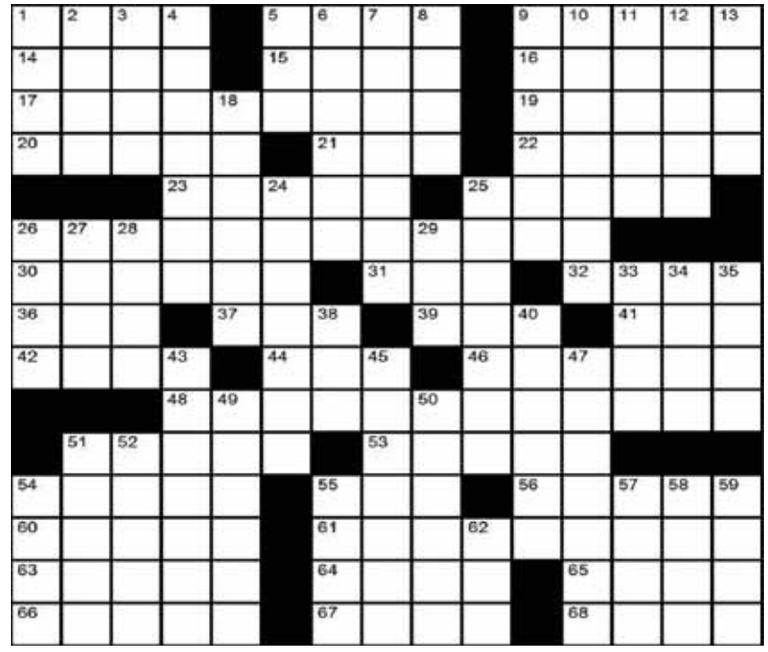
♓ Pisces
Feb. 20 - March 20
You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

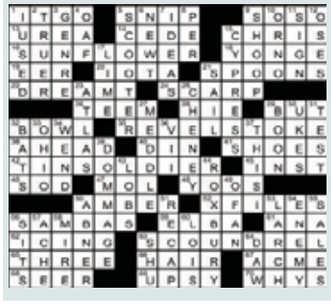
BY KELLY ANN BUCHANAN



Across
1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. 0's telephone letters
15. "__ __ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie __ & The Teenagers
20. Nary _ __ (Nobody)
21. Sleep some
22. Blood, __ & Tears
23. Full range
25. BC's __ River Hot Springs Provincial Park
26. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.
41. One __ customer: 2 wds.
42. Singer Mr. Cooke's
44. Never: German
46. Our Lady Peace hit
48. BC city; or, third in line to the British throne: 2 wds.
51. Pandemonium
53. Fishhook line
54. Heaps
55. Pretzels brand
56. "Why should _ __?"
60. Elliptical path
61. Salary systems: 2 wds.
63. State bordering QC and NB
64. "Woe __ __!"
65. Neytiri, for one, in "Avatar" (2009)
66. "...I thee wed." locale
67. Russian refusal
68. Loved __ (Cherished people)

Down
1. Baseball's Sammy
2. Smartphone add-ons
3. Fictional detective Mr. Wolfe
4. Rainfall shortage time
5. Informally fine
6. Prior-to-the-wedding contract, commonly
7. Shoulder's __ cuff
8. Cartoon guy Gadget's li'l rank
9. Montreal-born actress Jessalyn
10. Besides, variantly
11. Bruce and Demi's actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas __
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. 'Fumbling Towards __': 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. __ reef
52. Nun's outfit
54. __ Linda, California
55. __ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5			1		6			3
	1		5		3		2	
		6				1		
		3	8		9	6		
9								1
		7	4		1	9		
		2				7		
	8		6		2		1	
3			9		5			4

Friday's Sudoku

8	3	5	6	2	1	4	7	9
9	7	1	3	8	4	6	5	2
6	2	4	7	5	9	1	3	8
4	6	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
5	1	2	9	4	8	7	6	3
3	5	6	4	9	7	8	2	1
1	8	9	2	6	3	5	4	7
2	4	7	8	1	5	3	9	6

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 21° MIN: 12°	MAX: 21° MIN: 13°	MAX: 23° MIN: 11°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL WEATHER SPECIALIST
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Reg: $40,639
Discount: $14,461

CLEAROUT: $25,998 OWN ME $146 B/W

#7587

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CLEAROUT: $11,990
OWN ME $71 B/W

#2483

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CLEAROUT: $17,598
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#8698

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Reg: $30,319 Discount: $9,421

CLEAROUT: $20,898
OWN ME $120 B/W

#8448

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CLEAROUT: $20,698
OWN ME $116 B/W

#7271

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OWN ME $94 B/W

#6252

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CLEAROUT: $15,990
OWN ME $93 B/W

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CLEAROUT: $20,798
OWN ME $117 B/W

#9748

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Reg: $60,699 Discount: $16,709

CLEAROUT: $43,990
OWN ME $257 B/W

#0021

NEW 2013 RAM 1500 LARAMIE 4X4 8-SPEED

Reg: $55,699 Discount: $16,709

CLEAROUT: $38,990
OWN ME $228 B/W

#0521

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Reg: $74,774 Discount: $18,784

CLEAROUT: $55,990
OWN ME $327 B/W

#3012

NEW RAM 2500 CREW LARAMIE 4X4 CUMMINS

Reg: $73,894 Discount: $20,904

CLEAROUT: $52,990
OWN ME $309 B/W

#3947

NEW RAM 2500 LONGHORN 4x4 CREW CUMMINS

Reg: $77,924 Discount: $21,344

CLEAROUT: $55,990
OWN ME $327 B/W

#3015

NEW RAM 3500 SLT CUMMINS CREW 4X4

Reg: $65,479 Discount: $18,489

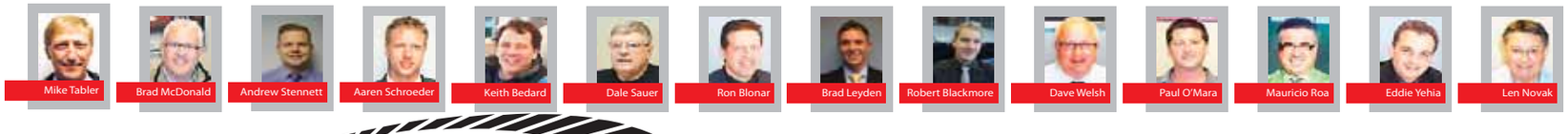
CLEAROUT: $46,990
OWN ME $275 B/W

#0119

NEW RAM 3500 LONGHORN CUMMINS CREW 4x4

Reg: $75,424 Discount: $18,434

CLEAROUT: $56,990
OWN ME $333 B/W



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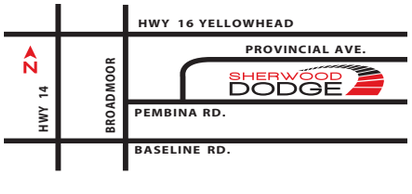

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